

## One More Step

It's not about the distance  
The speed  
The destination  
It's not about the shoes you wear  
Or the number on your back  
How long you've been doing it  
Or how new you are

Running is about learning to take a step

It's about the step  
That begins your first challenge  
Though you're unsure of it  
It's about the steps that explore  
Your world, and your self  
At your pace, direction, distance  
It's about the extra step  
That you are convinced  
You cannot possibly take  
Until you do  
It's about learning to appreciate  
The journeys that exist  
Between every stride

We do not do it because it is easy  
We run because  
Amidst the trial of  
Lungs demanding breath  
Legs crying for rest  
Feet burning for release  
Our body reminds us  
That obstacles only exist  
If we choose the paths they block  
That struggle is often  
A sign of growth  
And that lives were not meant  
To be defined by steps  
We did not take